

Gill's Gourmet Gallery

Barbecue medley

Perfect for weekend entertaining

Lamb ribs with mint and honey marinade.

Ingredients:

1 kilo of fresh lamb ribs, 4 teaspoons of mint sauce, 2 tablespoons runny honey, 200ml wine or cider vinegar, Crunch salt & pepper.

Method:

In a plastic bowl mix together mint sauce, honey, vinegar, salt and pepper. Add the lamb and stir with a wooden spoon covering all ribs with the marinade. Cover with cling film and refrigerate for up to 6 hours before cooking on the barbecue. Use the excess marinade to baste during cooking if desired.

Chicken thighs with Korma marinade.

Ingredients:

500g boneless chicken thighs, 4 tablespoons Korma spices, 200g natural yoghurt, handful of flat leaf parsley or coriander, crunch of salt.

Method:

Cut the chicken into 2 inch pieces. Place into a plastic bowl and rub in 2 tablespoons of korma spices. Add the yoghurt, remaining spices, herbs and stir. Cover with cling film and refrigerate for up to 6 hours before use. To cook lift the chicken pieces from the marinade, sprinkle with salt and place on the barbecue until cooked. Discard the remaining marinade once used.

Chicken wings with Barbecue marinade.

Ingredients:

500g fresh chicken wings

For the Barbecue Marinade

200 ml Tomato sauce, 50g Soft brown sugar, 4 tablespoons Soy Sauce, drizzle of balsamic cream, crunch of salt & pepper.

Method:

Mix all the ingredients together in a plastic bowl. Using a wooden spoon stir the fresh chicken wings into the marinade. Cover with cling film and refrigerate for up to 6 hours before cooking on the barbecue. Alternatively place wings and marinade in a greased oven proof dish and cook in the oven 180C fan for 40 minutes.

